

S.T.O.P.

Stop what you are doing and pause

Take a breath and relax with some slow breaths.

Observe what is happening — good or bad — and acknowledge it

Proceed with what you were doing, now with more awareness of your choices in how to respond.

S.T.O.P.

A mindfulness exercise

Stop what you are doing and pause

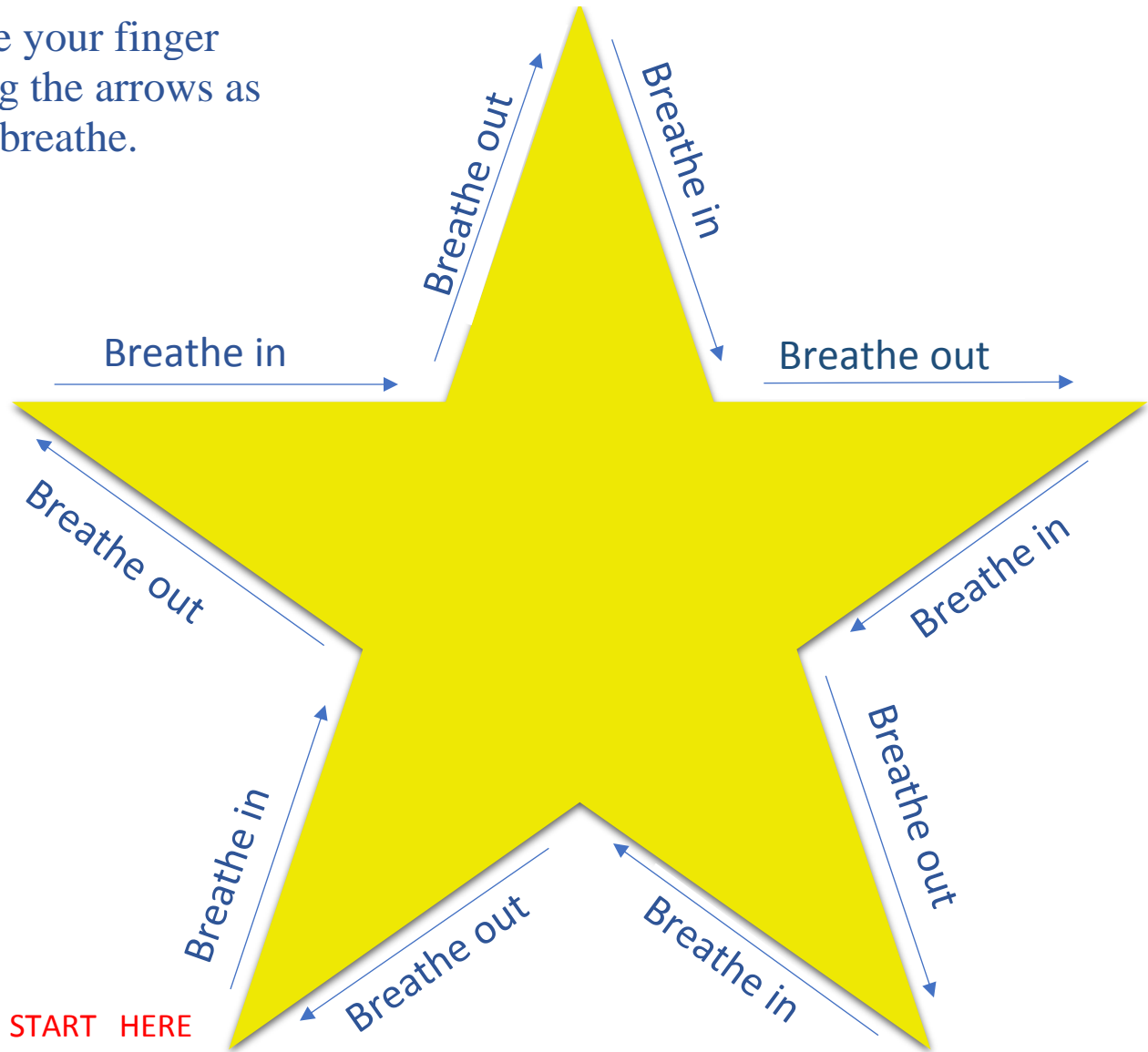
Observe what is happening- good or bad- and acknowledge it

Take a breath and relax with some slow breaths

Proceed with what you were doing, with more awareness of your choices

Take 5 Breathing Exercise

Slide your finger
along the arrows as
you breathe.



*Now stretch your fingers out like a star and
try it out on your hand!*

